

# Estonia

## Global Youth Tobacco Survey (GYTS)

### FACT SHEET . . . . .



The Estonia GYTS includes data on prevalence of cigarette and other tobacco use as well as information on five determinants of tobacco use: access/availability and price, environmental tobacco smoke exposure (ETS), cessation, media and advertising, and school curriculum. These determinants are components Estonia could include in a comprehensive tobacco control program. The Estonia GYTS was a school-based survey of students in grades 7-9, conducted in 2002.

A two-stage cluster sample design was used to produce representative data for all of Estonia plus Tallinn, other urban, and rural areas. At the first stage, schools were selected with probability proportional to enrollment size. At the second stage, classes were randomly selected and all students in selected classes were eligible to participate. The school response rate was 95.7%, the student response rate was 81.6%, and the overall response rate was 78.2%. A total of 5,344 students participated in the Estonia GYTS.

#### Prevalence

78.3% of students had ever smoked cigarettes (Boy = 82.4%, Girl = 73.8%)  
 33.2% currently use any tobacco product (Boy = 34.9%, Girl = 29.8%)  
 32.7% currently smoke cigarettes (Boy = 33.9%, Girl = 29.8%)  
 10.4% current daily cigarette smokers (Boy = 12.1%, Girl = 7.8%)  
 15.1% currently smoke cigars (Boy = 15.8%, Girl = 12.9%)  
 37.4% ever smokers initiated smoking before age 10 (Boy = 47.3%, Girl = 27.5%)  
 35.5% never smokers likely to initiate smoking next year (Boy = 31.9%, Girl = 37.6%)

#### Access and Availability - Current Smokers

21.9% usually smoke in public places  
 45.8% buy cigarettes in a store  
 66.1% who bought cigarettes in a store were NOT refused purchase because of their age

#### Environmental Tobacco Smoke

81.7% live in homes where others smoke in their presence  
 90.9% are around others who smoke in places outside their home  
 76.7% think smoking should be banned from public places  
 57.5% think smoke from others is harmful to them  
 59.2% have one or more parents who smoke  
 30.8% have most or all friends who smoke

#### Cessation - Current Smokers

60.9% want to stop smoking  
 69.0% tried to stop smoking during the past year  
 90.8% have ever received help to stop smoking  
 18.3% feel like having a cigarette first thing in the morning

#### Media and Advertising

52.6% saw anti-smoking messages vs. 76.7% saw pro-smoking messages on TV  
 41.0% saw anti-smoking messages vs. 60.9% saw pro-smoking messages on billboards  
 39.8% saw anti-smoking ads vs. 60.9% saw pro-smoking ads in newspapers or magazines  
 27.1% have an object with a cigarette brand logo  
 16.5% were offered free cigarettes by a tobacco company representative

#### School

58.7% had been taught in class, during the past year, about the dangers of smoking  
 44.6% had discussed in class, during the past year, reasons why people their age smoke  
 47.0% had been taught in class, during the past year, the effects of tobacco use

#### Highlights

- 33% of students currently use any form of tobacco; 33% currently smoke cigarettes; 10% current daily smokers; 15% currently smoke cigars; 36% never smokers likely to initiate smoking next year.
- ETS exposure is very high – Over 8 in 10 students live in homes where others smoke in their presence; Over 9 in 10 are exposed to smoke in public places; Almost 6 in 10 have parents who smoke.
- Almost 6 in 10 students think smoke from others is harmful to them.
- Almost 8 in 10 students think smoking in public places should be banned.
- 6 in 10 smokers want to quit; 18% feel like having a cigarette first thing in the morning.
- 5 in 10 students saw anti-smoking messages on TV vs. 8 in 10 saw pro messages; 4 in 10 saw anti messages on billboards vs. 6 in 10 saw pro messages; 4 in 10 saw anti ads in newspapers vs. 6 in 10 saw pro ads.
- Only 6 in 10 taught in school about dangers of smoking.